



MONTHLY NEWSLETTER



OCTOBER 2016

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Crossing Troubled Waters

Sometimes, we are uncomfortable asking for help. We may feel that we are lacking in some way, and that to ask for support is to admit weakness. Or, we simply don't want to burden others. The truth is that when we allow others to offer support, not only do we get through difficult situations with greater ease, but we also provide the opportunity for that person to find purpose and the joy that comes from being there for someone else. When crossing life's troubled waters, don't be afraid to ask for help.

Live Long. Live Well!

Dr. Roger Landry, author of
Live Long, Die Short

OCTOBER IS NATIONAL BULLYING PREVENTION MONTH

Bullying is defined as "an act of repeated aggressive behavior in order to intentionally hurt another person, physically or mentally." It is characterized as behaving in a manner to gain power over another person.

The word bullying usually conjures images of mean-spirited adolescents cornering another child in the school corridor, but bullying is not limited to children.

It is not always easy to tell the difference between what is bullying and what might just be the result of somebody's temporary bad mood. Do not tolerate persistent bad moods and bad behavior; repetition is a sign that you are being targeted.

In order to respond to an adult bully, you must first remember that it is the bully who has the problem, not you. Calmly and self-assuredly stand up for yourself. Sometimes the only thing to do in a bullying situation is to walk away.

Bullies don't have any real power once they realize that you won't engage in their game.

RESIDENTS' COUNCIL INFORMATION

We had a record 22 residents attend our September Residents' Council meeting! We haven't had this many attend in a long while. We are looking for more men to attend as we need your input about what sorts of activities would be more interesting for you!

Our Secretary, Connie Wendt, has resigned and Rose Kelly was voted in unanimously as our new Secretary. The Sunshine Committee distributed six cards for the month of September. Our October Birthday Party will be October 15th at 1:00 pm and will be sponsored by Community Presbyterian Church Ladies. We will possibly be having a Christmas Luau with ukulele players as our entertainment. More information about this will be forth coming.

Vivian Simpson
Residents' Council President

**Your friends at Pablo
Towers are having their
Annual Bazaar and Hot
Dog Sale
SATURDAY, OCTOBER 22
9:00 AM—2:00 PM**

Proceeds from the Hot Dog sale will
benefit Dial-a-Ride

HAPPY BIRTHDAY FRIENDS

Sharon Cooper	Oct. 1
Pearl Porter	Oct. 2
Kenneth Provow	Oct. 6
Rose Kelley	Oct. 22
Mary Vandermotten	Oct. 26
DeLinda Mock	Oct. 27
Patricia Sheffield	Oct. 28

PABLO HAMLET RESIDENT COUNCIL



RESIDENT BIRTHDAY PARTY

Saturday

October 15, 1:00 PM

*Sponsored by Community
Presbyterian Church Ladies*

**MONTHLY RESIDENTS'
COUNCIL MEETING
WEDNESDAY
OCTOBER 19
2:00 PM**



FAREWELL AND BEST WISHES

Tommy Curtis

I never run
with scissors.



Those last two
words were
unnecessary.

~ OCTOBER 2016 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			<div style="background-color: #8B4513; color: white; padding: 10px; text-align: center;"> <p>Based on my hair this morning I think I might be a muppet</p> </div>			1
2 BREAD / SWEETS 1:00 PM	3 ROSH HASHANAH <u>MEDICARE SEMINAR</u> 2:00 PM <u>GAME NIGHT</u> 6:00 PM	4	5 <u>SCRAP- BOOKING</u> 1:00 PM	6 <u>DEVOTIONS</u> 9:00 AM <u>ART WORKSHOP</u> 10:00 AM <u>WELLNESS CLINIC</u> 12:30 PM <u>BINGO</u> 6:15 PM	7 <u>PEST CONTROL WEST BUILDING</u> Apts. 126—132 Apts. 228—236 Apts. 328—336	8
9 BREAD / SWEETS 1:00 PM	10  No Mail Delivery <u>GAME NIGHT</u> 6:00 PM	11 <u>CITIZENS PHARMACY ICE CREAM SOCIAL</u> 2:00 PM	12 YOM KIPPUR <u>SCRAP- BOOKING</u> 1:00 PM	13 <u>DEVOTIONS</u> 9:00 AM <u>ART WORKSHOP</u> 10:00 AM <u>WELLNESS CLINIC</u> 12:30 PM <u>BEAM FOOD DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:15 PM	14	15 SWEETEST DAY  <u>RESIDENT B-DAY PARTY</u> 1:00 PM
16 BREAD / SWEETS 1:00 PM	17 <u>GAME NIGHT</u> 6:00 PM	18	19 <u>PODIATRIST</u> 9:00 AM <u>RESIDENTS' COUNCIL MEETING</u> 2:00 PM	20 <u>DEVOTIONS</u> 9:00 AM <u>ART WORKSHOP</u> 10:00 AM <u>WELLNESS CLINIC</u> 12:30 PM <u>BINGO</u> 6:15 PM	21 <u>PEST CONTROL EAST BUILDING</u> Apts. 101—108 Apts. 201—209 Apts. 301—309 <u>Wolfson's Children's Service Program</u> 1:00 – 3:00pm <u>SENIOR MOMENTS</u> 6:00 PM	22 <u>PABLO TOWERS ANNUAL BAZAAR</u> 9—2 PM
23 / 30 BREAD / SWEETS 1:00 PM	24 / 31 <u>GAME NIGHT</u> 6:00 PM 	25	26 <u>SCRAP- BOOKING</u> 1:00 PM	27 <u>DEVOTIONS</u> 9:00 AM <u>ART WORKSHOP</u> 10:00 AM <u>WELLNESS CLINIC</u> 12:30 PM <u>BEAM FOOD DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:15 PM	28 <u>DR. EDWARDS FOOT DOCTOR</u> By appointment 8:30 AM <u>BRAIN GAMES</u> 10:00 AM <u>ALONE . . . TOGETHER</u> 1:30 PM	29

ETC. ETC. ETC.

**MEDICARE SEMINAR!
MONDAY
OCTOBER 3, 2:00 PM**

Open Enrollment for Medicare Part D prescription drug plans begins 10/15/16 through 12/7/16.

Karen Ansell with Secure Choices will be in the community room Monday, 10/3 at 2:00pm to update us on any changes with Medicare and the Part D plans as well. She will be doing a raffle and will have snacks and drinks for us. Feel free to ask her questions and to set up an appointment with her if you need assistance in changing your current plan or enrolling in one for the first time.

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	3						7	
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9		4	6					
	2			5				
3	8		4					

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Daily SuDoku: Wed 21-Sep-2016

hard

I can't believe how old people my age are



Daily Sudoku: Wed 21-Sep-2016

6	5	7	2	4	9	1	8	3
8	9	4	1	5	3	7	2	6
1	2	3	7	8	6	4	5	9
9	1	8	6	3	7	5	4	2
2	7	5	9	4	1	6	3	8
3	4	6	8	2	5	9	7	1
4	6	2	3	7	9	8	1	5
7	8	9	5	1	2	3	6	4
5	3	1	4	6	8	2	9	7

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Sudoku Solution